



Sleep & Digital Habits

Tipsheet

Introduction to topic

Understanding and implementing positive digital habits are fundamental for good sleep hygiene and overall well-being.

Why it matters for Peer Leaders

Most of us have been in the situation where we either fall asleep with the phone in our hand or find it hard to decide to put the phone away and prioritise sleep.

Top tips

Tip Title: Move the digital device!

Prompt: Avoid sleeping next to your phone.

Example: Charge your device overnight somewhere other than next to your bed. Keep it farther away or, better yet, in another room.

Tip Title: Dim the digital device!

Prompt: Minimise your contact with bright lights before going to sleep.

Example: Staring into the bright light of your phone may mess with your circadian rhythm and your melatonin production. Using a red filter app may help reduce your exposure.

Tip Title: Set a schedule and stick to it!

Prompt: Set a reminder to put away your device and get ready for bed.

Example: Alarms don't have to be just for waking up. Set one for 1 hour before you want to fall asleep and avoid checking your phone afterwards.

Tip Title: Lock the app!

Prompt: Make it harder to access the device after a certain time.

Example: Use an app-blocking application that prevents you from falling into the bleary-eyed scrolling trap after a certain hour.

Tip Title: Block the notifications!

Prompt: Once you manage to put the phone down, ensure to keep it down!

Example: Do you check notifications when your phone buzzes at night? Use the "do not disturb" function to block all notifications during sleep hours.

Conversation Starters

1. Do you find it difficult to stop scrolling before falling asleep?
2. Do you ever feel it difficult to fall asleep after using a device?
3. Do you find yourself reaching for your phone out of habit rather than necessity?
4. Have you ever woken up just to check a notification?

Challenge for the Week

Set a reminder on your phone to turn off your screen at bedtime. Start on Monday by turning it off 10 minutes earlier than usual. On Tuesday, turn it off 20 minutes earlier, and continue gradually increasing the time until you reach a full 60 minutes of screen-free time before bed. Notice the impact this has on your well-being.



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